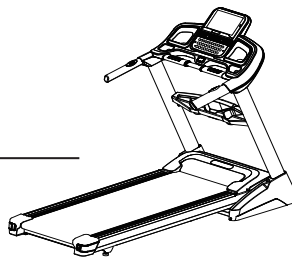


SPIRIT



XT485ENT Treadmill OWNER'S MANUAL

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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.

SPIRIT

Congratulations on your new treadmill and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality treadmill from Spirit Fitness. Your new treadmill was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from Spirit Fitness, the local dealership where you purchased this treadmill is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

Yours in Health,
Spirit Fitness

NAME OF DEALER _____

DEALER PHONE # _____

PURCHASE DATE _____

Record Your Serial Number

Please record the serial number of this fitness product in the space provided below.

Serial Number:

Register Your Purchase

The self-addressed product registration card must be completed in full and returned to Spirit Fitness. You can also go to <https://www.spiritfitness.com/warranty> under the Support tab to register online.

IMPORTANT SAFETY INSTRUCTIONS

WARNING

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the treadmill on a flat level surface with access to a 110-volt, 15-amp grounded outlet with only the treadmill plugged into the circuit.


DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

To reduce the risk of burns, fire electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged

cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being use or where oxygen is being administered.
- Connect this appliance to a properly grounded outlet only.
- The appliance is intended for household use.
- This exercise equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge.
- Keep children under the age of 13 away from this machine.
- Risk of Injury to Persons – To Avoid Injury, use extreme caution when stepping onto or off of a moving belt. Read Instruction Manual Before Using.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

 **WARNING:** This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov

SAVE THESE INSTRUCTIONS - THINK SAFETY!

FITNESS EQUIPMENT SAFETY INSTRUCTIONS

- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Their purpose is to provide you with an approximate measurement in relation to your target heart rate. Use of a chest transmitter strap (sold separately) is a much more accurate method of heart rate analysis. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING

Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

NEVER remove any cover without first disconnecting AC power. If voltage varies by ten percent (10%) or more, the performance of your treadmill may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

NEVER expose this treadmill to rain or moisture. This product is **NOT** designed for use outdoors, near a pool or spa, or in any other high humidity environment. The temperature specification is 40 degrees C, and humidity is 95%, non-condensing (no water drops forming on surfaces).

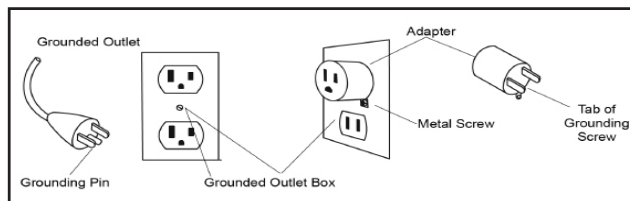
Circuit Breakers: Avoid AFCI/GFCI circuit breakers if possible. These breakers may trip occasionally during exercise because of the high inrush currents of the treadmill drive electronics and motor. This is an issue that affects all treadmill brands. New laws in your area may require these breakers. If you do have these breakers and outlets in your home, and are experiencing nuisance tripping, you should check if there are any other devices plugged into the same circuit. Some examples of devices that may also cause tripping are fluorescent lights with electronic ballasts, coffee maker, space heater, hair drier. Optimally the treadmill should be the only device plugged into the circuit. Our treadmills have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are: Eaton (Cutler Hammer Series), Leviton (Smart lock pro) and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our treadmills, as long as no other devices are plugged into the same circuit.

GROUNDING INSTRUCTIONS

This product must be grounded. If the your equipment should malfunction or breakdown, grounding provides a path of least resistance for electric current, reducing the risk of electric shock. This product is equipped with a cord having an equipment-grounding plug. The plug must be plugged into an appropriate outlet that

is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified electrician. This product is for use on a nominal 110-volt dedicated circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter that looks like the adapter illustrated below may be used to connect this plug to a 2-pole receptacle as shown below if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet, (shown below) can be installed by a qualified electrician. The green colored rigid ear-lug, or the like, extending from the adapter, must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this treadmill without reading and completely understanding the results of any operational change you request from the computer.
- Understand that changes in speed and incline do not occur immediately. Set your desired work level on the computer console and release the adjustment key. The computer will obey the command gradually.
- **NEVER** use your treadmill during an electrical storm. Surges may occur in your household power supply that could damage treadmill components. Unplug the treadmill during an electrical storm as a precaution.
- Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure

SAFETY TETHER CORD

A safety tether cord is provided with this unit. It is a simple magnetic design that should be used at all times. It is for your safety should you fall or move too far back on the tread-belt. Pulling this safety tether cord will stop tread-belt movement.

To Use:

1. Place the magnet into position on the round metal portion of the console control head. Your treadmill will not start and operate without this. Removing the magnet also secures the treadmill from unauthorized use.
2. Fasten the plastic clip onto your clothing securely to assure good holding power.

Note: The magnet has strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The treadmill will stop, depending on speed, with a one to two step coast anytime the magnet is pulled off the console. Use the Stop / Pause switch in normal operation.

XT485ENT PRE ASSEMBLY

UNPACKING

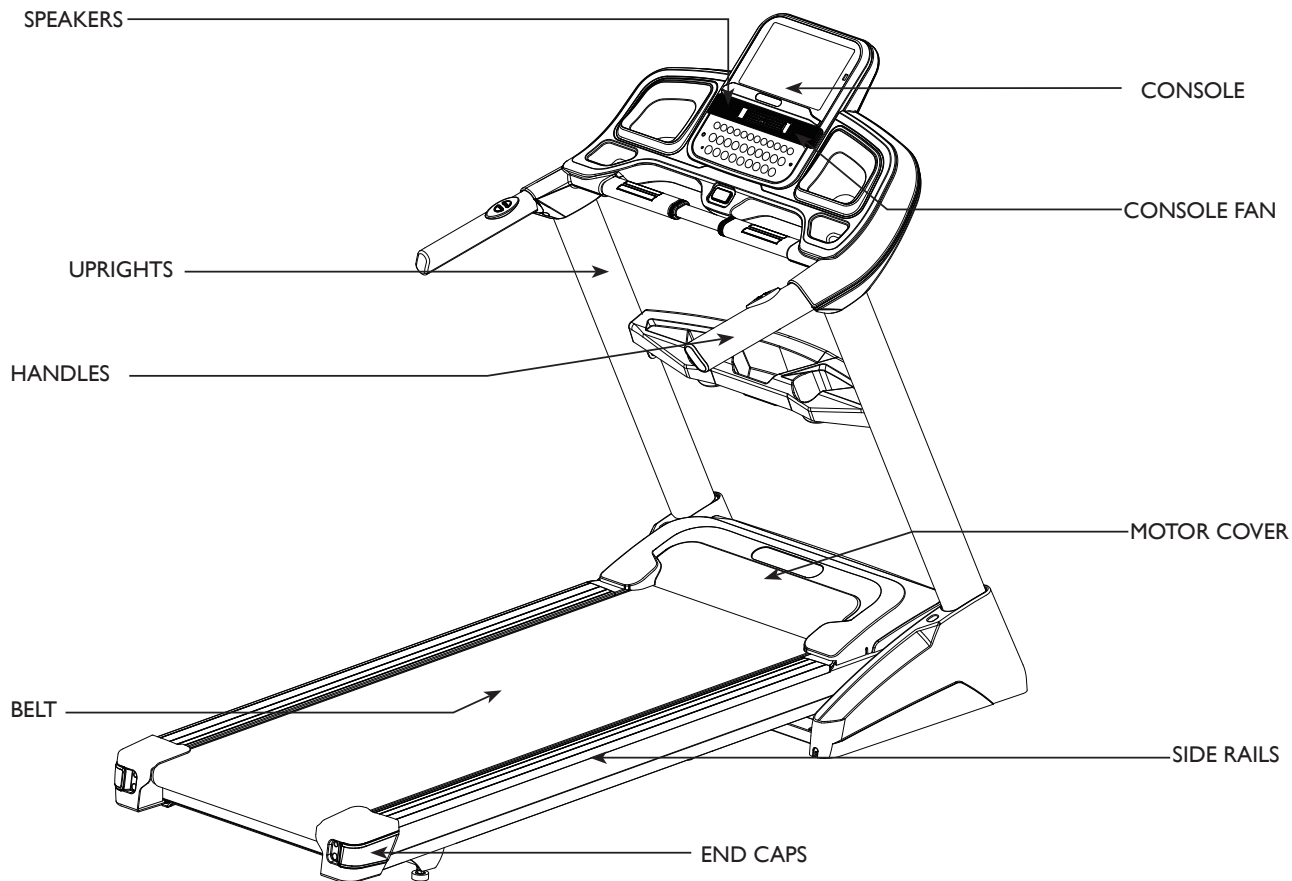
1. Cut the straps, then lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If parts are damaged or missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

TOOLS INCLUDED:

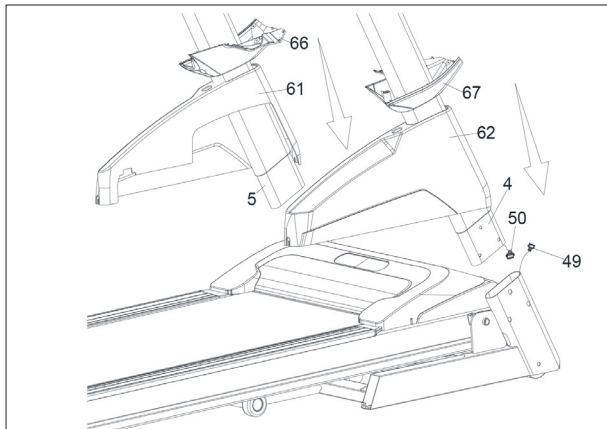
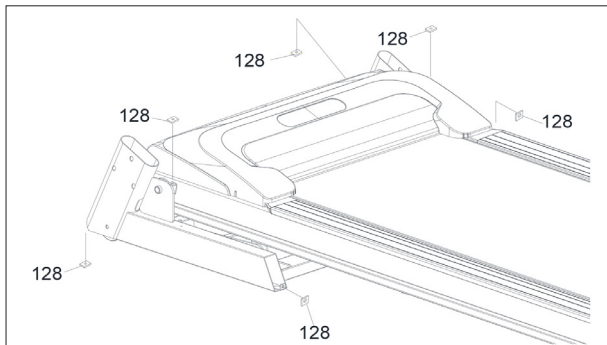
- ☐ L Allen Wrench
- ☐ Phillips Head Screwdriver
- ☐ Combination M5 Allen Wrench
& Phillips Head Screw Driver

PARTS INCLUDED:

- ☐ 1 Main Frame
- ☐ 2 Uprights
- ☐ 2 Console Mast Covers
- ☐ 2 Frame Base Covers
- ☐ 1 Console
- ☐ 1 Deck
- ☐ 1 Beverage Holder
- ☐ 1 Audio Cable
- ☐ 1 Power Cord
- ☐ 1 Lubricant
- ☐ 1 Hardware Kit



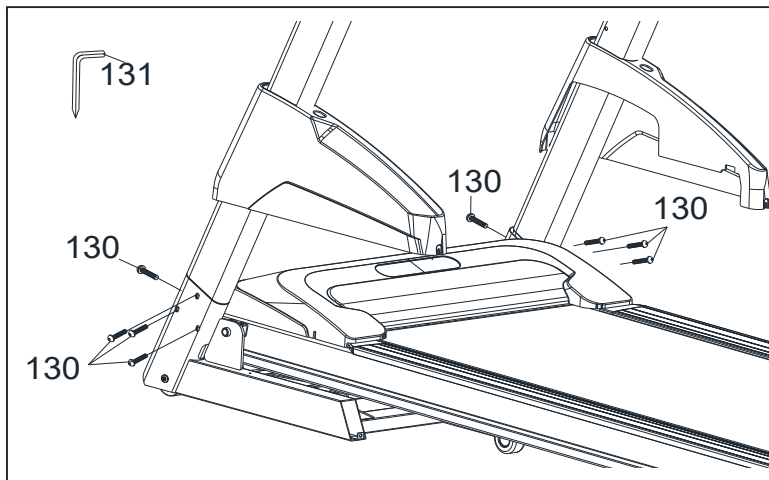
XT485ENT STEP ONE



HARDWARE FOR STEP I			
PART	TYPE	DESCRIPTION	QTY
128	NUT CLIP	M5	6

1. Gather **HARDWARE FOR STEP I**.
2. Take 6 Speed **NUT CLIPS (128)** and attach them at the front and each side of the unit as shown left.
3. Guide the right upright through **FRAME BASE COVER RIGHT (62)** and **CONSOLE MAST COVER RIGHT (67)**.
4. Next take the **RIGHT UPRIGHT (4)** and attach the **MIDDLE COMPUTER CABLE (50)** to the **LOWER COMPUTER CABLE (49)**. Be careful not to pinch the cable or damage may occur to the system.
5. Slide the **RIGHT UPRIGHT (4)** to sit into the frame base.
6. Repeat from step 3 on the left.

XT485ENT STEP ONE - CONTINUED

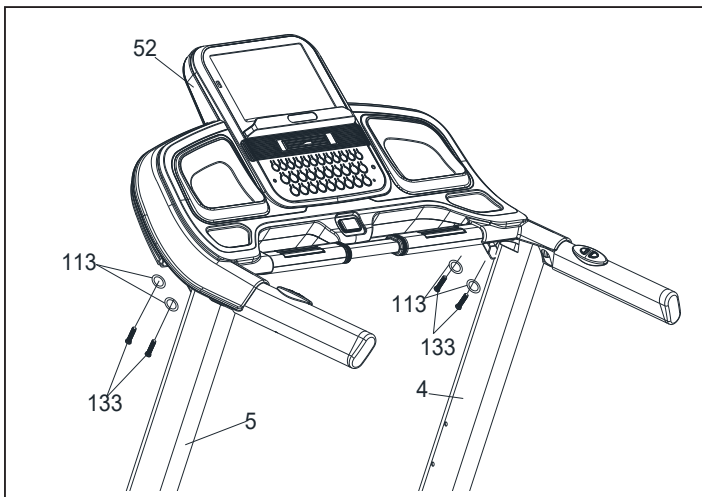
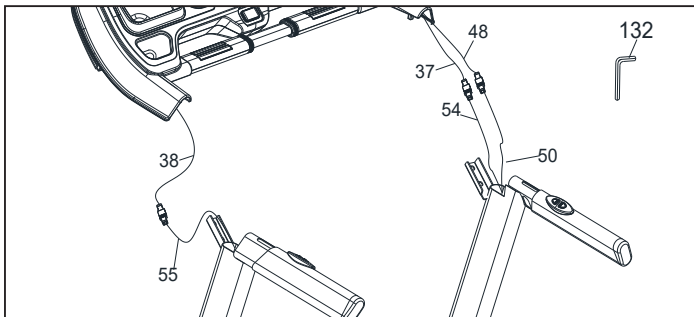


HARDWARE FOR STEP 1

PART	TYPE	DESCRIPTION	QTY
130	BUTTON HEAD SOCKET BOLTS	5/16" X 15MM	8

7. Having inserted **RIGHT AND LEFT UP-RIGHTS (4, 5)** into the **FRAME BASE (2)**, use the **COMBINATION M5 ALLEN WRENCH AND PHILLIPS HEAD SCREW DRIVER (131)** to tighten 8 **BUTTON HEAD SOCKET BOLTS (130)** securing the uprights to the frame base.

XT485ENT STEP TWO

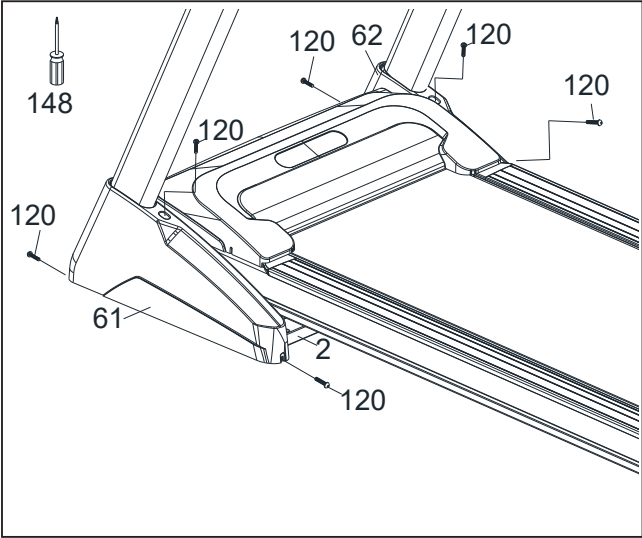


HARDWARE FOR STEP 2

PART	TYPE	DESCRIPTION	QTY
133	BUTTON HEAD SOCKET BOLTS	3/8" X 1-1/2"	4
113	SPLIT WASHER	Ø10 x 2.0T	4

1. Gather **HARDWARE FOR STEP 2**
2. Connect the **SPEED ADJUSTMENT SWITCH W/ CABLE (54)** with the **UPPER SPEED CABLE (37)**.
3. Connect the **INCLINE ADJUSTMENT SWITCH W/ CABLE (55)** with the **UPPER INCLINE CABLE (38)**.
4. Connect the **MIDDLE COMPUTER CABLE (50)** to the **UPPER COMPUTER CABLE (48)**.
5. Be sure not to pinch any of the cables or damage may occur to the system.
6. Insert the **CONSOLE ASSEMBLY (52)** onto the **RIGHT AND LEFT UPRIGHTS (4, 5)** and secure with 4 **BUTTON HEAD SOCKET BOLTS (133)** and 4 **SPLIT WASHERS (113)**. Use the **ALLEN WRENCH (132)** to tighten.

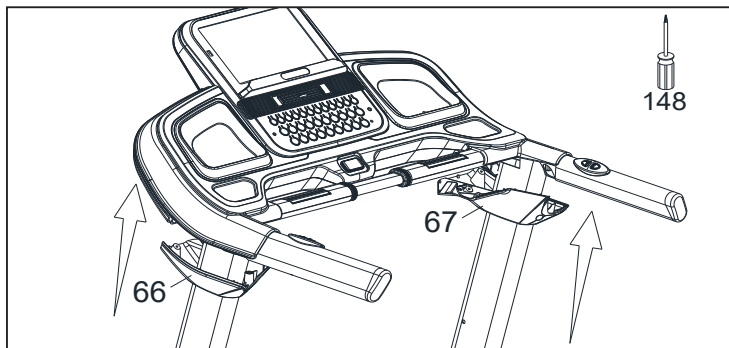
XT485ENT STEP THREE



HARDWARE FOR STEP 3			
PART	TYPE	DESCRIPTION	QTY
120	TAPPING SCREWS	5" X 16MM	6

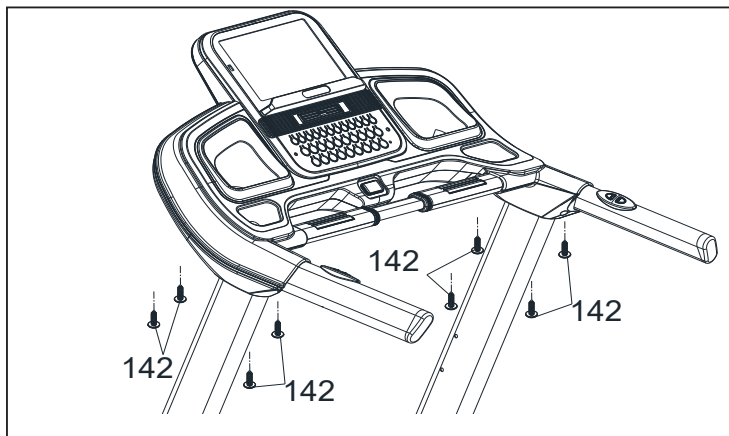
1. Gather **HARDWARE FOR STEP 3**.
2. Install **FRAME BASE COVER RIGHT AND LEFT (62, 61)** onto the **FRAME BASE (2)** using **6 TAPPING SCREWS (120)**. Tighten with the **PHILLIPS HEAD SCREW DRIVER (148)**.

XT485ENT STEP FOUR

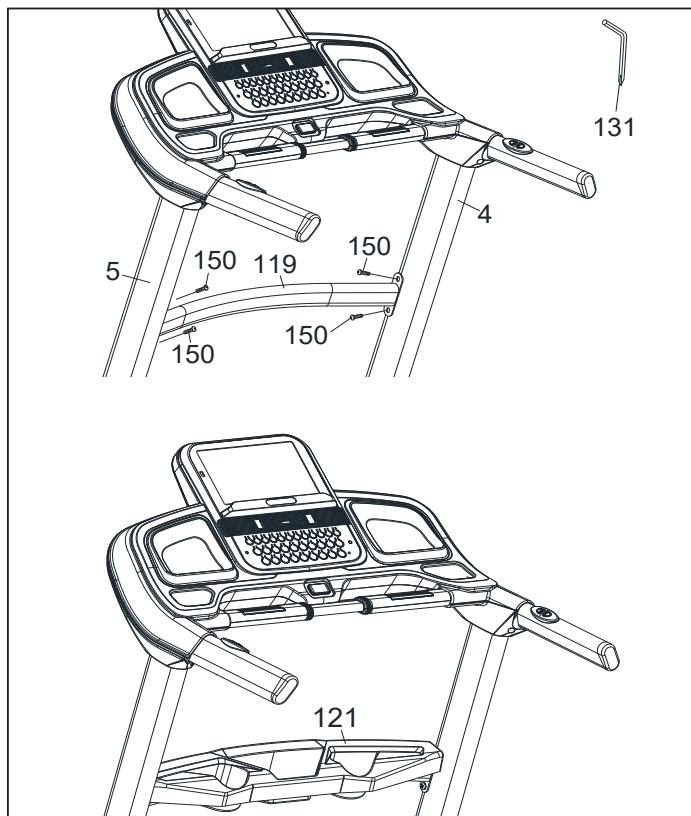


HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
142	SHEET METAL SCREWS	Ø3.5 × 16L	8

1. Gather **HARDWARE FOR STEP 4**.
2. Slide **CONSOLE MAST COVER RIGHT AND LEFT (67, 66)** up the uprights. Secure them with 8 **SHEET METAL SCREWS (142)** using the **PHILLIPS HEAD SCREW DRIVER (148)**.



XT485ENT STEP FOUR



HARDWARE FOR STEP 4			
PART	TYPE	DESCRIPTION	QTY
150	BUTTON HEAD BUTTON BOLTS	5/16" X 3/4"	4

1. Gather **HARDWARE FOR STEP 4**.
2. Place the **HANDRAIL SUPPORT (119)** between the **LEFT AND RIGHT UPRIGHTS (5, 4)** and use the **COMBINATION ALLEN WRENCH & PHILLIPS HEAD SCREW DRIVER (131)** to tighten 4 **BUTTON HEAD SOCKET BOLTS (150)**. Install the **BEVERAGE HOLDER (121)** onto the **HANDRAILS SUPPORT (119)**.

XT485ENT CONSOLE OPERATION

USB Port

Tablet Rack

Swivel Fan

Direct Access Speed and Incline Buttons

3.5mm Audio-input only
(no output)

Touchscreen Display

Integrated Speakers

Handrail Control Buttons

Easy-Touch
Control Keys



POWER

Power the treadmill on by plugging it into an appropriate wall outlet, then turn on the power switch located at the front of the treadmill below the motor hood. Ensure that the Safety Key is installed, as the treadmill will not power on without it. When the power is turned **ON**, the screen will show a brief loading screen and then display the WELCOME Screen which indicates that the machine is ready to operate.

FEATURES

Handrail Adjustments

The treadmill allows you to make speed and incline changes on the side handrails. You can also choose to turn these off if you frequently hold on to these rails. This is achieved by pressing the Handrails On/Off button on the right side of the lower portion of the console. **When the indicator light is lit, the handrail controls are disabled.**

Buttons

The physical buttons are as follows:

- Direct Access Incline/Speed keys 0~9
- Speed + or - buttons to control the speed
- Incline + or - buttons to control the incline of the treadmill
- Start button to begin workout
- Stop button to end, or pause the workout
- Fan button to control the fan speed
- Handrail Controls button to enable/disable the incline/speed controls on the handrails

Direct Access Speed and Incline Buttons

You are able to set your speed and incline settings quickly by using the Direct Access Keys on the console. Just press either Speed or Incline, then select either 2, or 3 digits and the treadmill will automatically adjust to that value. This saves time because you don't have to press and hold or hold a button down until reaching the desired value. The maximum value you may input for speed is 12.0 mph or 18.0 kmph and incline 15.0%

Examples: Press the Select Incline button, then 1, 0 = Incline Level 1.0

Press the Select Incline button, then 3, 5 = Incline Level 3.5

Press the Select Speed button, then 8, 0 = 8.0 mph or kmph

Press the Select Speed button, then 0, 8 = 0.8 mph or kmph

Start Workout operation

- Press any button to wake display up if not already on.
- Press the Start Workout button on the screen to begin. Belt will start at 0.5 mph. To adjust speed, use the Speed +/- keys on the screen or using the keys at the bottom of the console.
- To slow tread-belt press and hold the Slow - key (console or hand rail) to the desired speed.
- To stop the tread-belt press and release "Stop" button.

Pause/Stop

- Press "Stop" button once, the belt will slow down gradually till fully stop. After 5 minutes the display will reset and show the workout summary on the screen.
- Press "Resume" button to continue the workout from the pause.
- Press "Finish" button to end workout.

Incline

- The incline is changeable any time during the workout.
- Press and hold Incline ▲ or ▼ buttons on the handrail or Incline + or - buttons on the screen to change the incline to the desired level.
- Incline may also be changed by using the Direct Access Incline buttons on the console below the touchscreen.

Heart rate feature

Pulse (heart rate) on the screen shows the current value of the heart beats per minute. You must hold both left and right stainless steel sensors to measure the pulse. The pulse value will be shown on the screen continuously. You may use the hand pulse sensors while in Heart Rate Control. It will also pick up wireless heart rate transmitters that are Polar and Bluetooth compatible.

CHARGE PORTABLE DEVICES WITH USB PORT

You can charge your personal device during your workout using the fitness equipment's on-console USB port. To charge your mobile electronics make sure the fitness equipment power is on.

Step 1: Connect your USB charging cable (not included) to the USB Power Port and to your device.

Step 2: Check to make sure your device icon indicates it is charging.

NOTE:

- USB charging cable is not included, make sure compatible USB charging cable is being used.
- The USB port on the console is capable of powering USB devices. It provides up to 5Vdc/1.0 amp of power and meets USB 2.0 regulations. You will not be able to save your workout data to a USB via this port; it is used for charging purposes only.

TOUCH SCREEN OPERATION

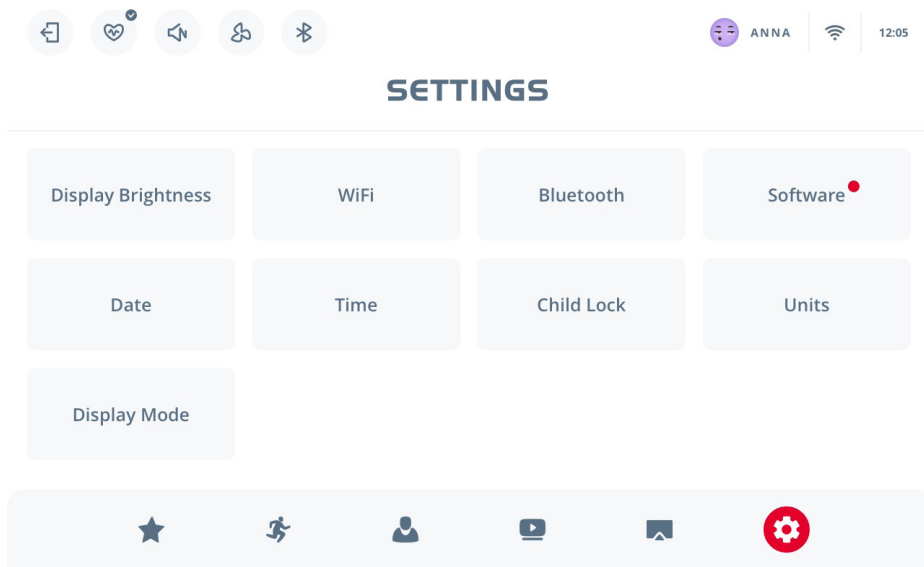
Set Up

Once the console is powered on, connect to the available WiFi network either by pressing the Signal icon on the top right corner or from the SETTINGS menu on the bottom right corner. Without WiFi, saving workout data to the cloud, using apps and casting content will not work. If WiFi connection is not set up, please set data and time manually. If you change your mind later, you can always find WiFi settings in the bottom right corner on the screen.

Choose “Guest” user or create yourself a profile to get more personalized experience. Maximum of 9 profiles can be created. Learn more about profiles in “Profile”.

SETTINGS

- Tap on **WIFI** for internet connection settings.
- Tap on **DATE** or **TIME** to change the machine time settings. The time and date settings define the time information in the workout summary. Both 12 and 24 hours formats are available.
- Tap on **SOFTWARE** to check the current software version or to update, if a new one is available. Press Update to upload and install the latest version. Be sure to be connected to the Internet.
- Tap on **DISPLAY** to adjust the brightness of the screen.
- Tap on **BLUETOOTH** to pair with the Bluetooth devices including the Bluetooth type of chest straps, earphones, or speakers.



PROFILE

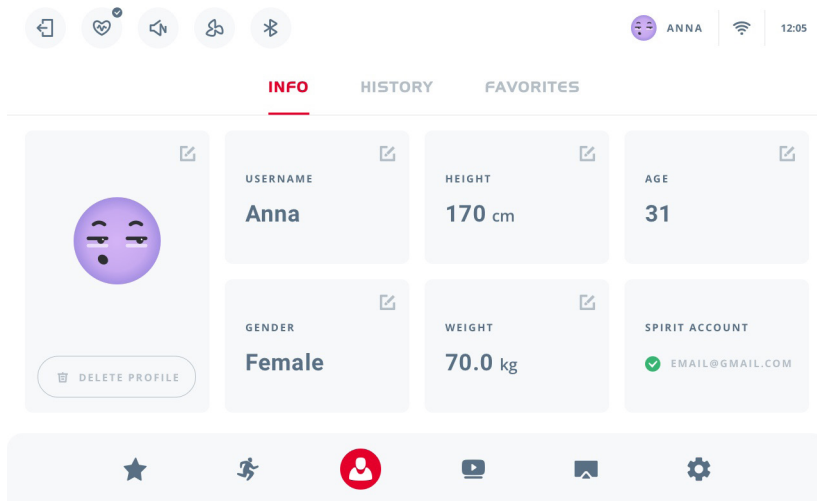
To create a new profile, press **+** button on the starting screen. If you already have a Spirit APP ACCOUNT, you can scan the QR code appearing on the screen. This action will not only upload your already existing personal info to the machine, but also link two profiles together, so your workout history will be fully displayed in the Spirit app. One Spirit app account cannot be linked to multiple profiles on one machine.

If you do not have a Spirit account, press the **I DON'T** button to continue and build one by filling in the form.




There are 3 tabs in the Profile section: **Info**, **History**, and **Favorites**. Creating a profile lets your machine remember your physical data, so you don't need to provide it every time you want to work out. Your personal data can be found in the **INFO** tab. To edit, tap on any information field and make changes, then press **Save**. If you haven't linked your Spirit account to the local machine profile, you can also do it here by pressing "Spirit Account" field.

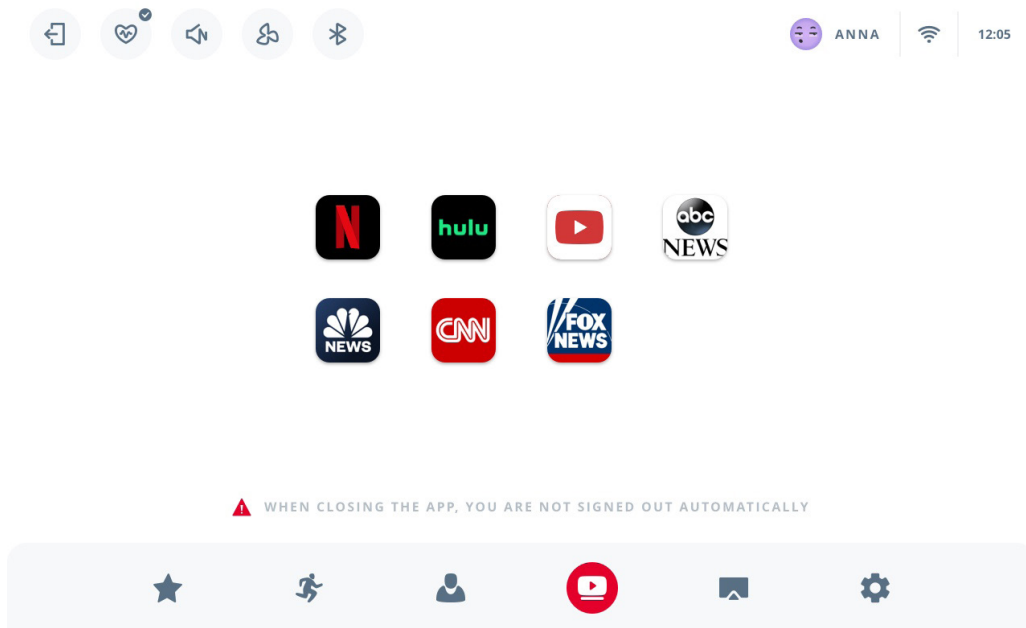
Ten records of the latest activity can be found in **HISTORY** tab. Workout history only shows work-outs that were completed by the current user. Tap on the record preview for details. All the records are available in the Spirit app account, if the profile is linked to the Spirit app account. **FAVORITES** tab is where all the programs that were labeled as favorites by the current user can be seen and deleted.

Different users can choose different unit systems, select their personal favorite programs and save their own templates.










INTERNET & APPS



In this section there are a variety of third party apps to keep you entertained during your workout. To use them, connect to the WiFi and choose the app icon. Press  to enter full screen mode. Press  to exit full screen mode. Press  to choose another app.



SCREEN MIRRORING

To display various content from your smartphones or tablets on the machine console, open this section and follow the instructions provided, depending on whether you use an iOS or an Android device. Once the mirroring has started, press  to enter full screen mode. Press  to exit full screen mode.




 ANNA  12:05







IOS

ANDROID

Connect your device to the same WiFi network as the equipment. Press the 'Screen Mirroring' button on your device, then select the SPIRIT device.

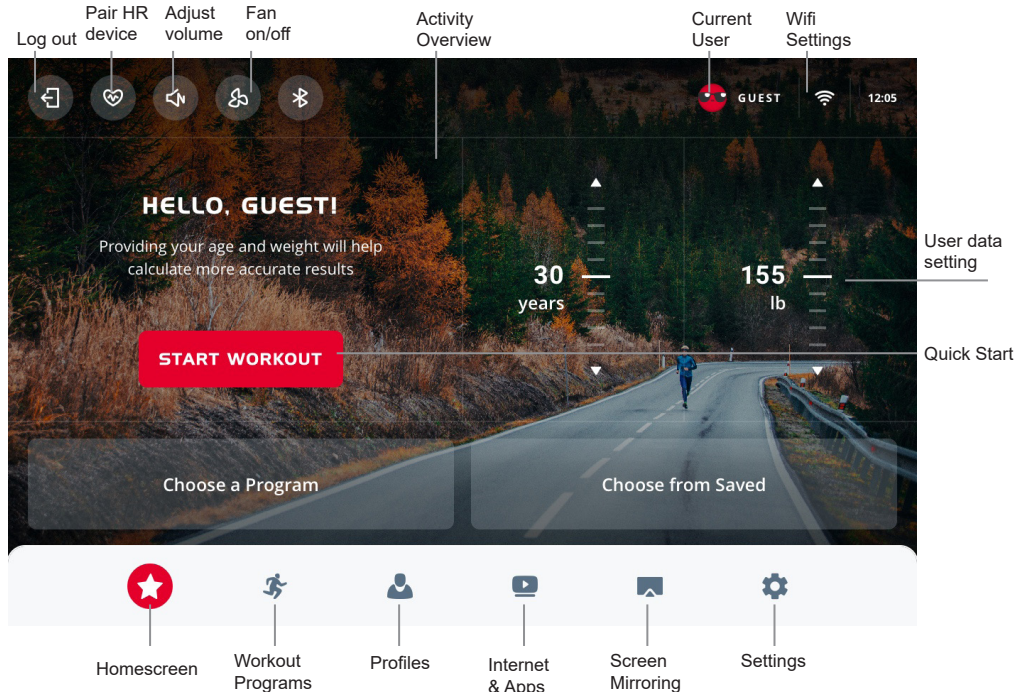
WIFI NAME: TP-LINK 40CF
(A STRONG CONNECTION IS REQUIRED)
DEVICE NAME: SPIRIT *MODEL*





HOMESCREEN

The Homescreen provides activity overview and suggests shortcuts to the training options. If in Guest mode, you can provide your physical data here, which will help the machine more accurately calculate your workout summary. Use scales or arrows to adjust your age and weight. Start Workout button starts the workout immediately.



WORKOUT VIEWS

Once the workout has started, after the short countdown the console will appear in its workout mode. Warm-up and cool-down phases may be skipped by pressing **Skip**.

The panel on the left is fixed and shows your current **WORKOUT STATS**. More related stats can be revealed by pressing on the + icon. **SPEED AND INCLINE CONTROLS** can be adjusted by tapping on arrows in the right panel. The icons on the top panel are the tools available during your workout: volume, fan and WiFi. When the workout is paused, you can also access HR device pairing settings.

The bottom panel is with 3 views from the left to the right:

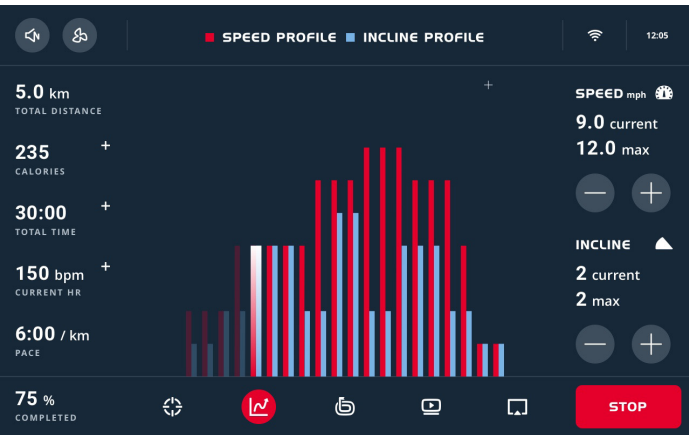
- **GOAL VIEW** displays the parameter that defines your workout finish (for example, for profile programs it is time counting down; for distance programs it is distance left).
- **PROFILE VIEW** shows your workout profiles and your current position in them.
- **TRACK VIEW** helps to imagine yourself making laps on a 1/4 mile track and shows your progress depending on distance covered.

INTERNET and **SCREEN MIRRORING** work the same way as in non-workout mode. To pause or finish the workout, press Stop on the bottom right corner.

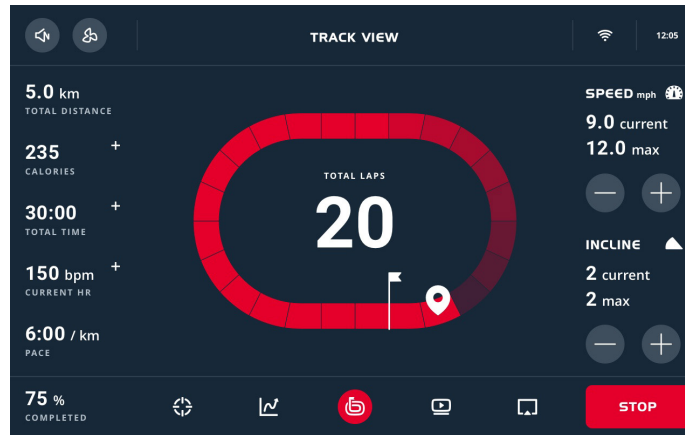
Goal View:



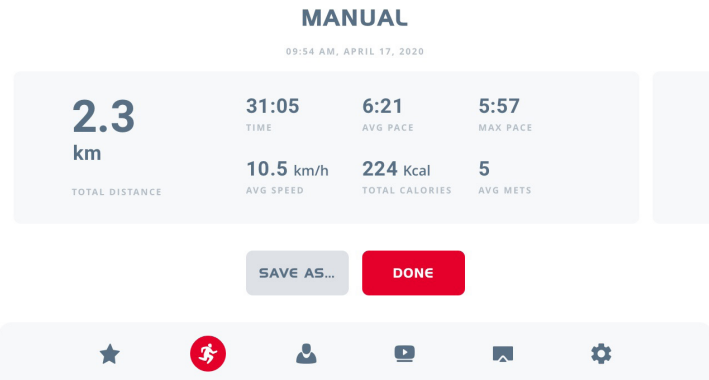
Profile View:



Track View



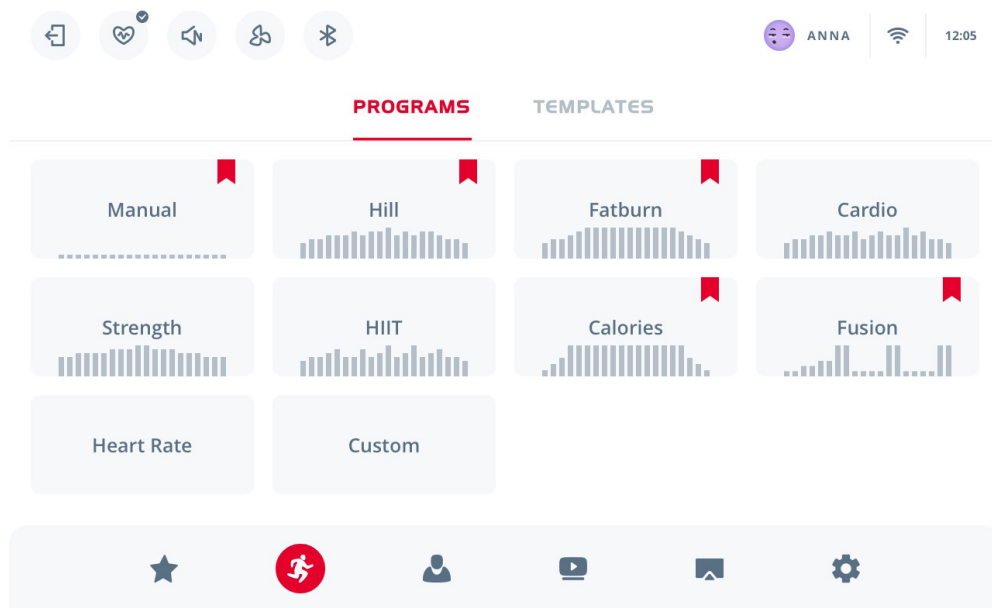
After the workout is finished, the workout summary will appear. Slide to the left to get more details or press **Done** to go back to the Home screen. You can also save the completed program as a template from here, if you press **Save** as button. The workout record will appear in History tab of the Profile section.



WORKOUT PROGRAMS

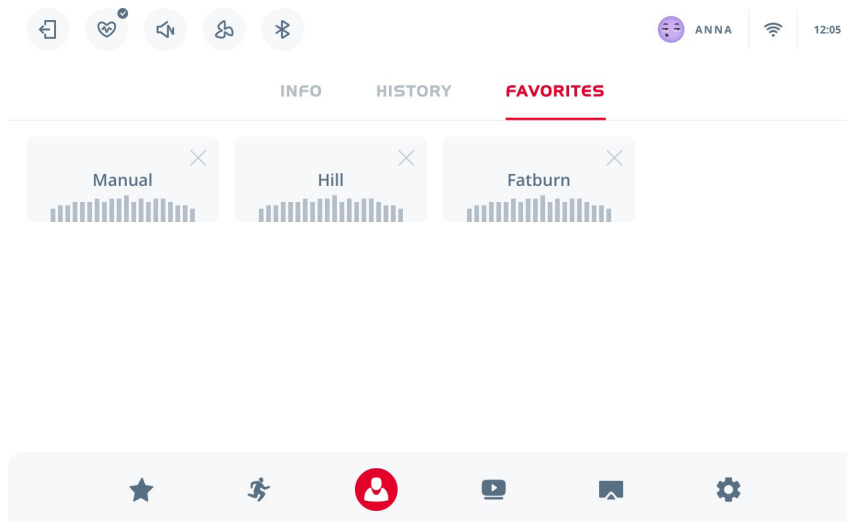
In this section, there are 2 program categories available: Programs (programs with predefined speed and incline changing profiles) and Templates (regular programs, saved with your personal adjustments). Tap on the category names to switch between them.

To get more info on each program, tap on the program preview. In this view you can scroll to the side to see all the program descriptions of the selected category. Press **CHOOSE** to select and adjust a program.

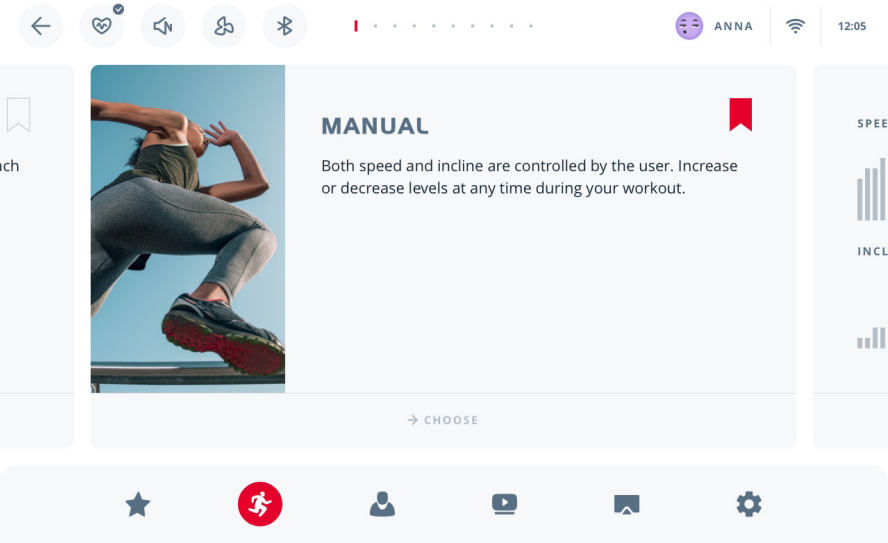


Any program can be labeled as FAVORITE.

Favorite programs appear on the Homescreen, so you can access them anytime you want.



MANUAL program requires a time frame set before starting. Use the scale or arrows to adjust target time. Speed and incline are adjusted manually while running. Press **START** to begin workout.



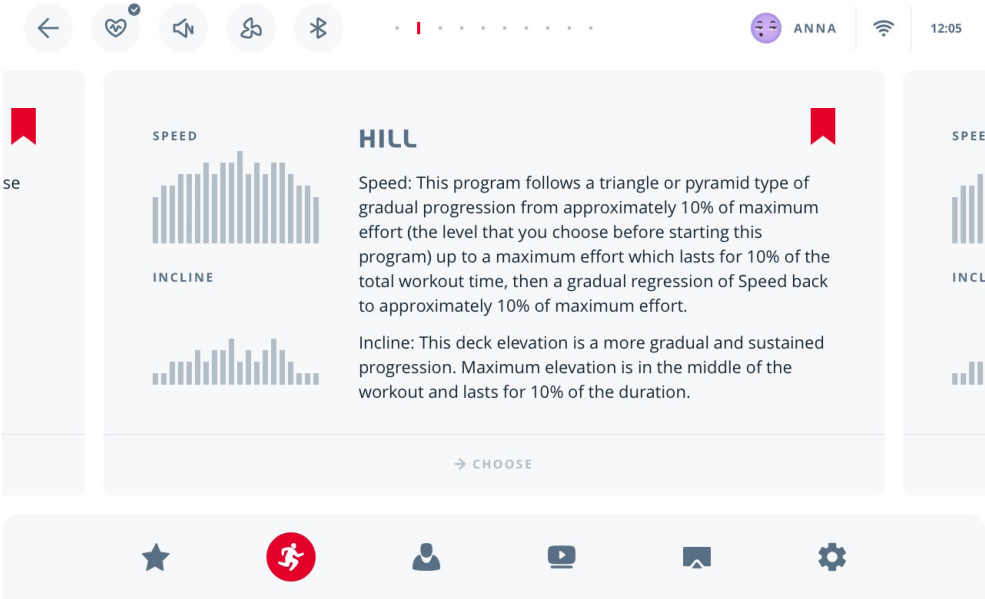
PROGRAMS

HILL, FAT BURN, CARDIO, STRENGTH, HIIT programs have speed and incline changing profiles, which you can find on the program preview. Time and maximum speed settings are required. Once you choose your maximum speed, the program intensity will adapt accordingly.

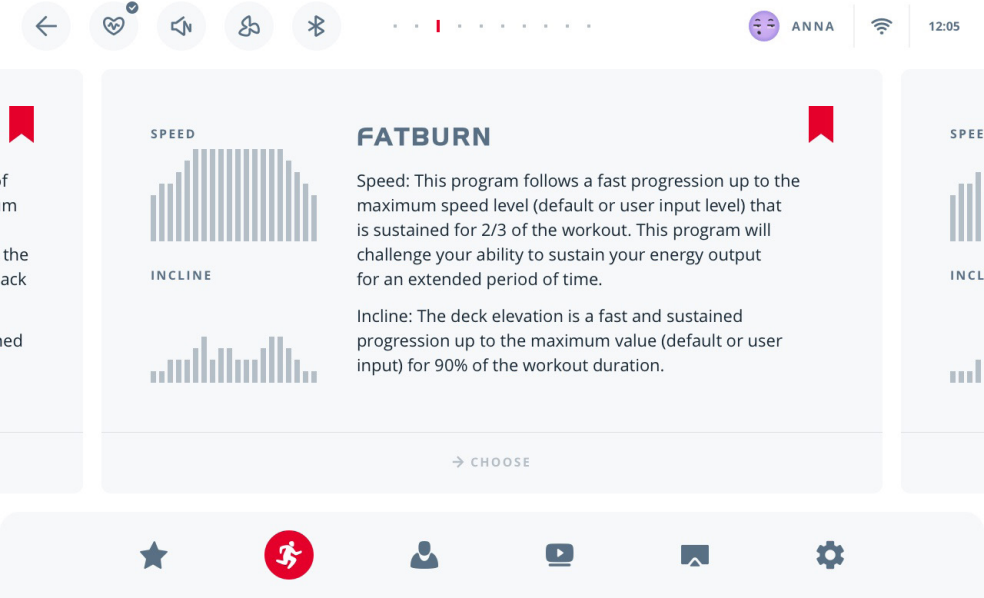
The Speed numbers shown in the chart indicate a percentage of the top speed of the program. For instance, the first Speed setting for program HILL shows the number 20. This means that this segment of the program will have a speed that is 20% of the top speed for the program. If the user sets the top speed to 10 mph (16kph), then the first segment will be 2 mph (3.2kph). You will notice that segment 12 shows 100 which means, the speed will be set to 100% of 10 mph or simply 10 mph (16kph).

PROG.	WARM-UP				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	COOL-DOWN				
HILL																													
Speed	20	30	40	50	63	63	75	75	75	88	75	88	88	100	75	88	75	88	88	75	63	63	50	40	30	20			
Incline	0	0	0	0	1	2	2	2	3	2	3	3	4	2	3	2	3	4	3	2	1	1	0	0	0	0			
FATBURN																													
Speed	20	30	40	50	63	63	75	88	100	100	100	100	100	100	100	100	100	100	100	88	75	63	50	40	30	20			
Incline	0	0	0	0	1	2	2	2	3	4	2	3	3	2	2	2	3	4	4	3	2	1	0	0	0	0			
CARDIO																													
Speed	20	30	40	50	63	63	75	75	88	75	75	88	63	75	88	75	75	100	75	88	63	63	50	40	30	20			
Incline	0	0	0	0	1	1	2	2	2	2	2	2	1	2	2	2	2	3	2	2	1	1	0	0	0	0			
STRENGTH																													
Speed	20	30	40	63	63	75	75	75	75	88	88	88	100	100	88	88	88	75	75	75	63	63	63	40	30	20			
Incline	0	0	0	0	1	2	3	4	7	6	4	4	3	2	2	3	4	6	6	4	2	1	0	0	0	0			
HIIT																													
Speed	20	30	40	50	63	63	75	88	63	63	88	63	75	100	63	75	100	63	75	88	63	63	50	40	30	20			
Incline	0	0	0	0	1	2	2	4	2	2	4	2	2	6	2	2	7	2	2	4	2	1	0	0	0	0			

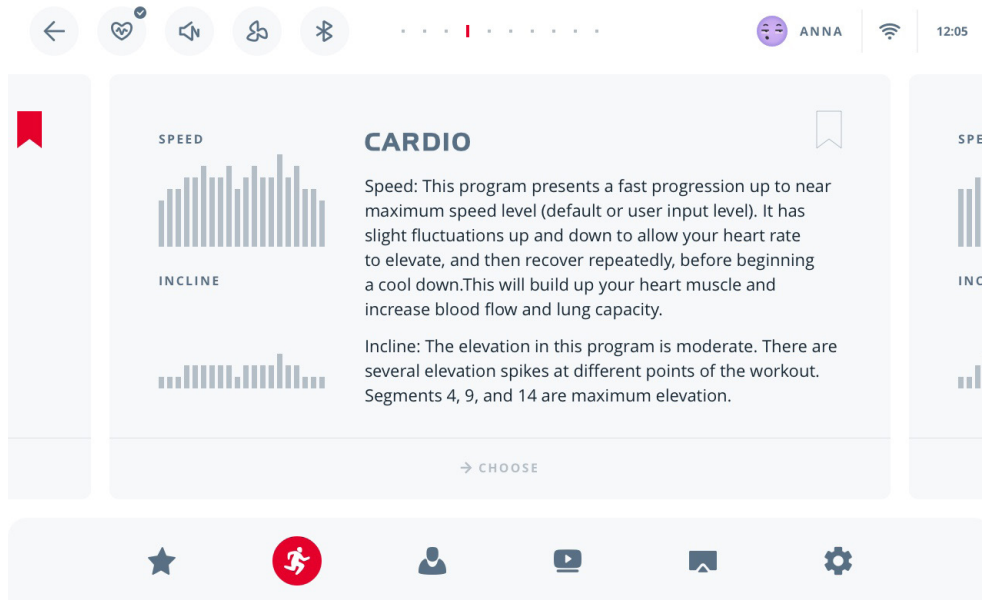
HILL program follows a triangle or pyramid type of gradual progression from approximately 10% of maximum effort (the level that you chose before starting this program) up to a maximum effort which lasts for 10% of the total workout time, then a gradual regression of resistance back to approximately 10% of maximum effort Incline: The deck elevation is a more gradual and sustained progression. Maximum elevation is in the middle of the workout and lasts for 10% of the duration.



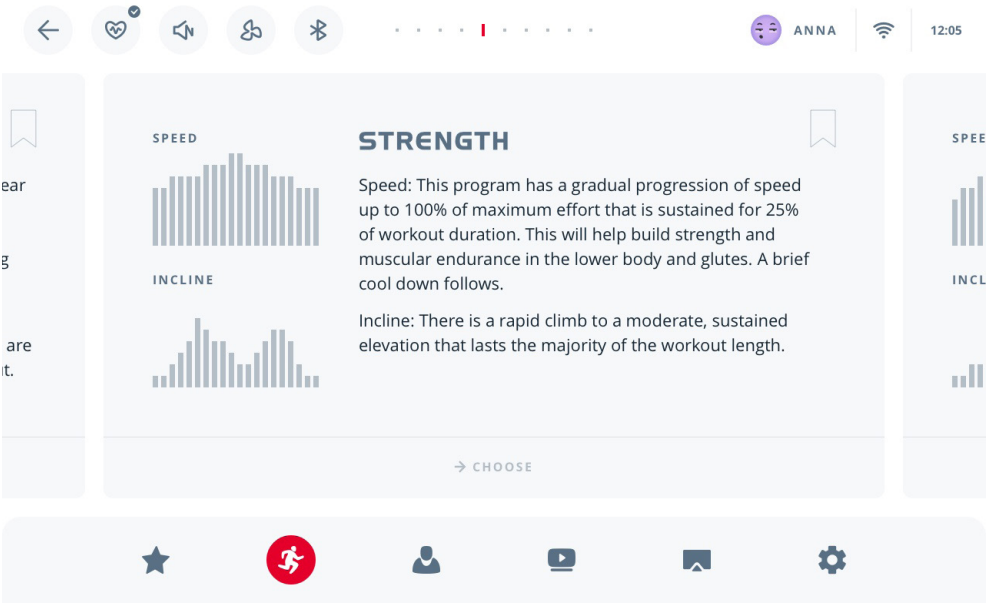
FAT BURN program follows a quick progression up to the maximum resistance level (default or user input level) that is sustained for 2/3 of the workout. This program will challenge your ability to sustain your energy output for an extended period of time. Incline: The deck elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.



CARDIO program presents a quick progression up to near maximum resistance level (default or user input level). It has slight fluctuations up and down to allow your heart rate to elevate, and then recover repeatedly, before beginning a quick cool down. This will build up your heart muscle and increase blood flow and lung capacity. Incline: The elevation in this program is moderate. There are several elevation spikes at different points of the workout. Segment 15 is maximum elevation for this program.

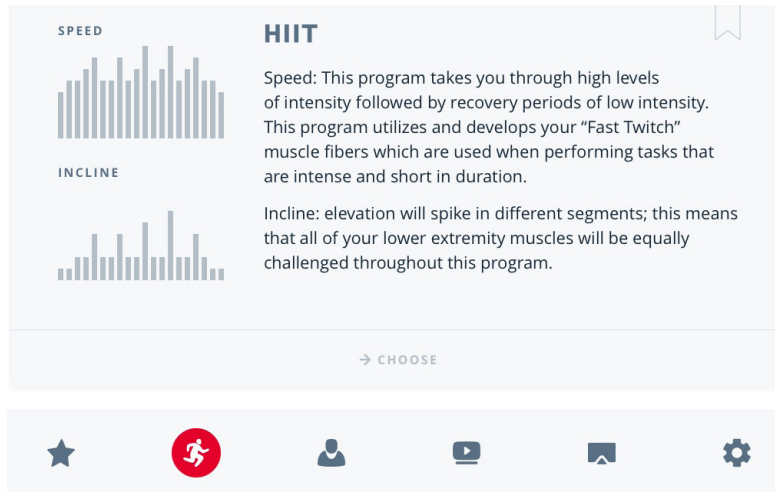


STRENGTH program has a gradual progression of resistance up to 100% of maximum effort that is sustained for 25% of workout duration. This will help build strength and muscular endurance in the lower body and glutes. A brief cool down follows. Incline: There is a quick climb to a moderate, sustained elevation that lasts the majority of the workout length.



HIIT, or High Intensity Interval Training, program takes you through high levels of intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.

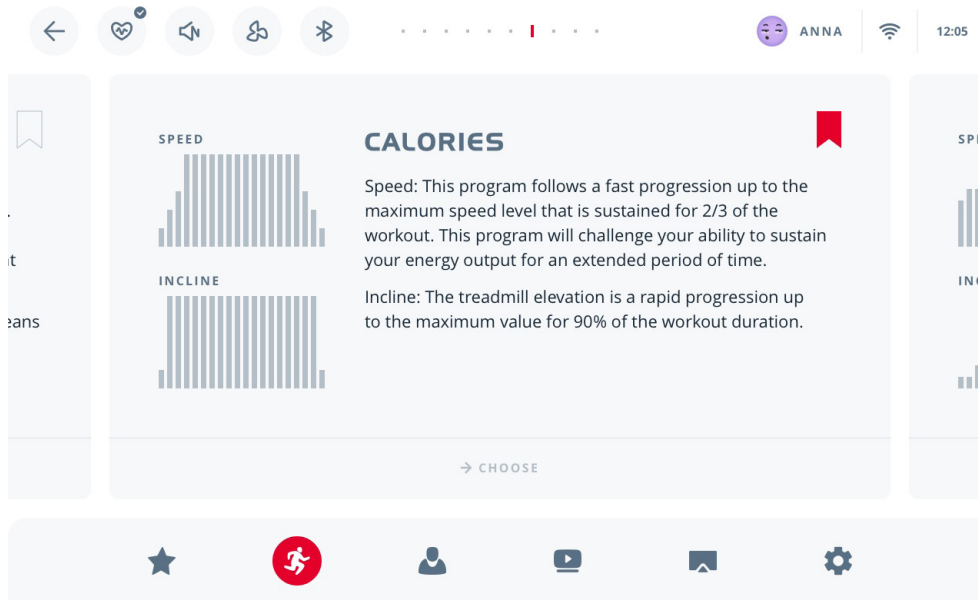
Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.



CALORIES program will challenge your ability to sustain your energy output for an extended period of time.

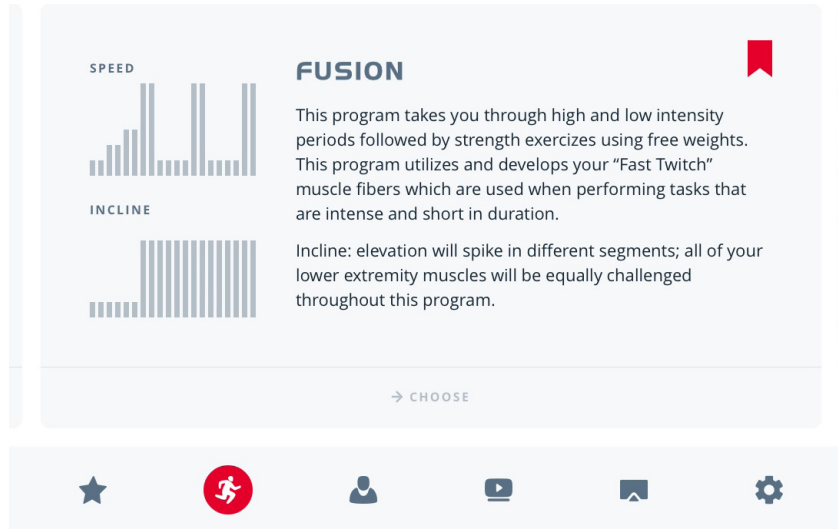
Speed: This program follows a quick progression up to the maximum speed level (default or user input value) that is sustained for 2/3 of the workout.

Incline: The treadmill elevation is a quick and sustained progression up to the maximum value (default or user input) for 90% of the workout duration.

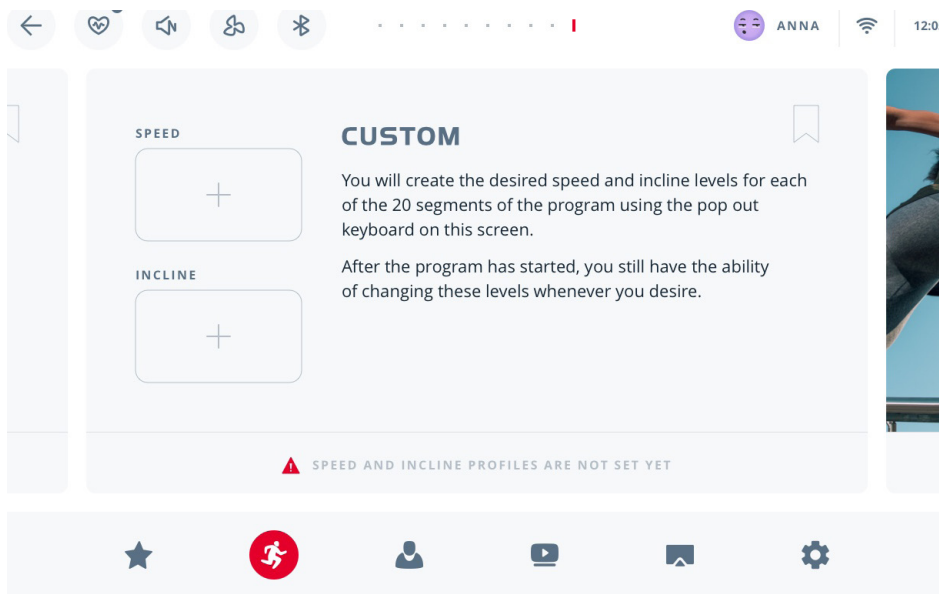


FUSION program takes you through high levels of cardio & strength intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.

Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation.



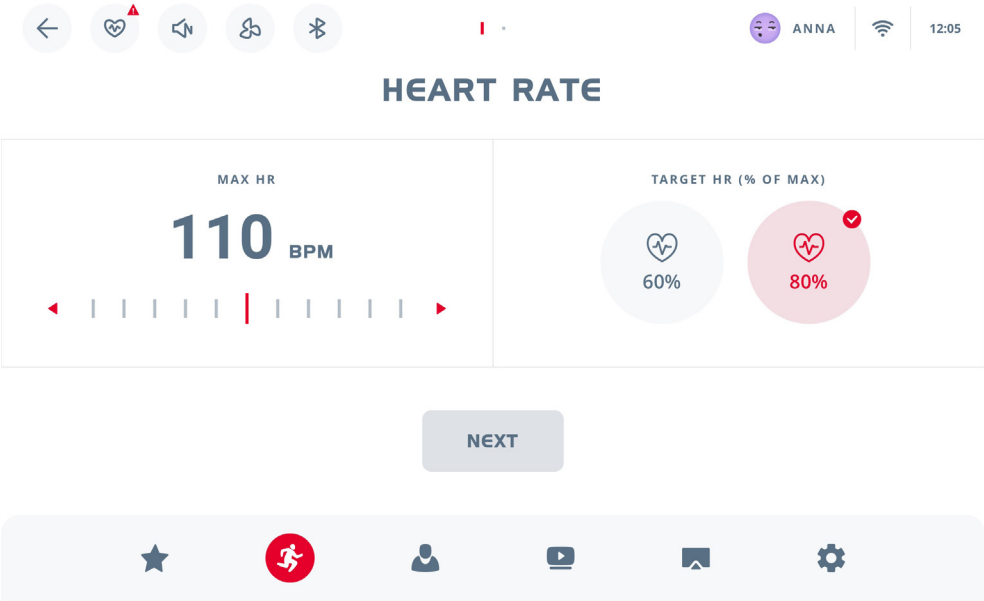
CUSTOM program allows to create customized speed and incline changing profile by sliding up and down on the profile columns. Once the profile is defined, choose target time and maximum speed, so the intensity adapts accordingly. Every program can be saved as a template once adjusted or once completed. Press **Save as** to save the program with the current settings. You can manage saved programs in TEMPLATES. To delete a template, tap on it, then press **Delete** in the top right corner. Maximum of 12 template programs can be stored. A Template program is only available to a user who created it.



Heart Rate Programs

Note: You must wear a heart rate transmitter strap for these programs

Both programs operate the same, the only difference is that HR1 is set to 60% and HR2 is set to 80% of the maximum heart rate. They both are programmed the same way. To start an HR program select the HR1 or HR2 program, then the Next button and follow the directions on the screen.



Heart Rate Programs

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 80% is recommended for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old their
target heart rate zone is calculated:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

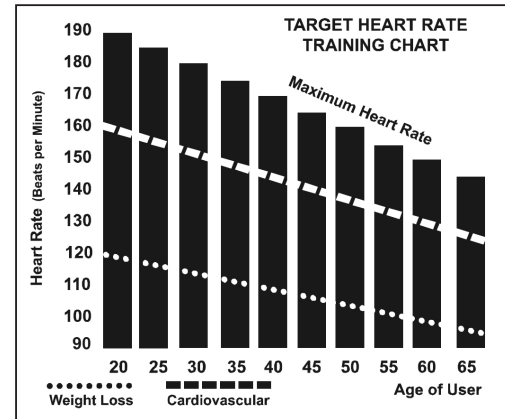
$$180 \times .6 = 108 \text{ beats per minute (60\% of maximum)}$$

$$180 \times .8 = 144 \text{ beats per minute (80\% of maximum)}$$

So for a 40 year old the training zone would
be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.



Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of Effort

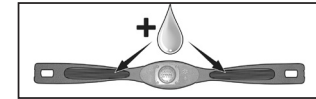
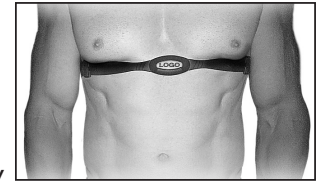
6 Minimal	10 Very light +	14 Somewhat hard +	18 Very hard +
7 Very, very light	11 Fairly light	15 Hard	19 Very, very hard
8 Very, very light +	12 Comfortable	16 Hard +	20 Maximal
9 Very light	13 Somewhat hard	17 Very hard	

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending upon the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

Wearing The Chest Strap

1. Attach the transmitter to the elastic strap using the interlocking key.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the logo centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After “warming up”, this problem lessens.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.



Using the Spirit App

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the Spirit App.

Just download the free Spirit App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine. Now you can view current workout data in three different Display screens on your device. You can also easily switch back and forth from the workout display view to internet/social media/email sites via icons on the display screen. When your workout is finished, the data is automatically saved to the built-in personal calendar for future reference.

The Spirit App also allows you to sync your workout data with one of many fitness cloud sites.

Syncing the App with your exercise machine:

1. Download the App.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the icon in the top left corner to search for your Spirit equipment (shown right).
4. After the equipment is detected, click Connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console display will light up. You may now start using your new Spirit Fitness product.
5. When your workout is finished, the data is automatically saved and you will be prompted to sync your data with each available fitness cloud site. Please note you will have to download the applicable compatible fitness App, in order for the icon to be active and available.



**Note: Your device will need to be running on a minimum operating system of iOS 7 or Android 4.4 for the Spirit App to operate properly.*

ERRATIC OPERATION

Caution! Do not use this treadmill for Heart Rate programs unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Treadmill is not grounded
2. Microwave ovens, TV's, small appliances, etc.
3. Fluorescent lights.
4. Some household security systems.
5. Perimeter fence for a pet.
6. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the Spirit Fitness logo is right side up.
7. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

GENERAL MAINTENANCE

Belt/Deck

Your treadmill uses a very high-efficient low-friction deck. Performance is maximized when the deck is kept as clean as possible. Use a soft, damp cloth, or paper towel, wipe the edge of the belt and the area between the belt edge and the frame. Also reach as far as practical directly under the belt edge. This should be done once a month to extend belt and deck life. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. Allow to dry before using. This occurs during normal break-in or until the belt stabilizes. Sometimes the black dust from the belt will appear on the floor behind the treadmill, this is normal.

General Cleaning

Dirt, dust, and pet hair can block air inlets and accumulate on the running belt. Please vacuum underneath your treadmill on a monthly basis to prevent excess build-up of dirt that can get sucked up and get into the inner workings under the motor cover. Once a year, you should remove the black motor hood and vacuum out dirt that may accumulate.

UNPLUG POWER CORD BEFORE THIS TASK.

Belt Adjustments

Tread-belt Tension Adjustment - Belt tension is not critical for most users. It is very important though for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the rear roller with the 6 mm Allen wrench provided in the parts package. The adjustment bolts are located at the end of the step rails as shown in the diagram below.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn the tread-belt tension adjusting bolts 1/4 turn each and inspect for proper tension by walking on the belt and making sure it is not slipping or hesitating with each step. When an adjustment is made to the belt tension, you must be sure to turn the bolts on both sides evenly or the belt could start tracking to one side instead of running in the middle of the deck.

DO NOT OVERTIGHTEN – Over tightening will cause belt damage and premature bearing failure. If you tighten the belt a lot and it still slips, the problem could actually be the drive belt - located under the motor cover - that connects the motor to the front roller. If that belt is loose it feels similar to the walking belt being loose. Tightening the motor belt should be done by a trained service person.

Treadbelt Tracking Adjustment

The treadmill is designed so that the tread-belt remains reasonably centered while in use. It is normal for some belts to drift near one side while in use, depending on a user's gait and if they favor one leg. But if during use the belt continues to move toward one side, adjustments are necessary.

Setting Tread-Belt Tracking

A 6 mm Allen wrench is provided for this adjustment. Make tracking adjustments on the left side bolt. Set belt speed at 3 mph (5 kmph). Be aware that a small adjustment can make a dramatic difference which may not be apparent right away. If the belt is too close to the left side, then turn the bolt only a 1/4 turn to the right (clockwise) and wait a few minutes for the belt to adjust itself.

Continue to make 1/4 turns until the belt stabilizes in the center of the running deck. If the belt is too close to the right side, turn the bolt counter-clockwise. The belt may require periodic tracking adjustment depending on use and walking/running characteristics. Some users may affect tracking differently. Expect to make adjustments as required to center the tread-belt. Adjustments will become less of a maintenance concern as the belt is used. Proper belt tracking is an owner responsibility common with all treadmills.

ATTENTION:

DAMAGE TO THE RUNNING BELT RESULTING FROM IMPROPER TRACKING / TENSION ADJUSTMENTS IS NOT COVERED UNDER THE WARRANTY.

Belt/Deck Lubrication Procedure

These First, you want to clean between the belt and deck to remove any debris that may be trapped. Use a clean, non-fraying rag, t-shirt, or light towel. Halfway between the end of the treadmill and motor cover, shove the garment under the belt until you can grasp it on both sides. Drag the garment the length of the entire belt 1-2 times. Remove the garment.

Do not lubricate with anything other than Spirit Fitness approved lubricant. Your treadmill comes with one tube of “Lube” and extra tubes can be ordered directly from Spirit Fitness or your authorized Spirit Fitness dealer. You may also use a Lube-n-walk kit that can be purchased through both aforementioned sellers.

Keeping the deck lubricated at the recommended intervals ensures the longest life possible for your treadmill. If the lubricant dries out, the friction between the belt and deck rises and places undue stress on the drive motor, drive belt and electronic motor control board, which could result in catastrophic failure of these expensive components. Failure to lubricate the deck at regular intervals may void the warranty.

The belt & deck come pre-lubricated and subsequent lubrication should be performed every 90 hours of use or if you notice that the deck is dry. It is recommended that you reach between the belt and deck to verify there is lubrication present, every other month. If you check and there isn’t any lubrication present, follow the procedure below even though the “Lube” indicator isn’t lit on the console. Otherwise, lubricate when the console’s lubrication reminder lights after 90 hours of use. Use the following procedure to apply the silicone lubricant:

1. Turn the power switch off and unplug the power cord from the wall outlet
2. Measure 18” from the edge of the motor cover; kneel down and reach under the belt approximately 4- 6” from one edge. Squirt a line of lubricant about 1/8” wide x 15” long in an “S” pattern perpendicular to the motor cover.
3. Repeat the process on the opposite side.
4. Plug the electrical cord back into the outlet and turn the power switch on.
5. Walk on the belt at a moderate speed for five minutes to evenly distribute the silicone lube.
6. Note: If the “Lube” message appears on the console, click the “Ignore” key to reset the message:

Service Checklist Diagnosis Guide

Problem	Solution/ Cause
Display does not light	<ol style="list-style-type: none"> 1. Tether cord not in position. 2. Circuit breaker on front grill tripped. Push circuit breaker in until it locks. 3. Plug is disconnected. Make sure plug is firmly pushed into 115 VAC wall outlet. 4. Breaker panel circuit breaker may be tripped. 5. Treadmill defect. Contact your Spirit Fitness dealer.
Tread-belt does not stay centered Treadmill belt hesitates when walked/ run on	The user may be walking while favoring or putting more weight on either the left or right foot. If this walking pattern is natural, track the belt slightly off-center to the side opposite from the belt movement. See General Maintenance section on Tread-belt Tension. Adjust as necessary.
Motor is not responsive after pressing start	<ol style="list-style-type: none"> 1. If the belt moves, but stops after a short time and the display shows "E1", run calibration. 2. If you press Start and the belt never moves, then the display shows E1, contact service.
Treadmill will only achieve approximately 7mph but shows higher on the display	This indicates motor should be receiving power to operate. Low AC voltage to treadmill. Do not use an extension cord. If an extension cord is required it should be as short as possible and heavy duty 16 gauge minimum. Low voltage. Contact an electrician or your Spirit Fitness dealer. A minimum of 110 volt AC current is required.
Tread-belt stops quickly/suddenly when tether cord is pulled	High belt/deck friction. See General Maintenance section on cleaning the deck. If cleaning doesn't prevent this from reoccurring, check to see if there is significant wear of the deck. If so, the deck may need to be flipped if it is on its original side
Treadmill trips on board 15 amp circuit	High belt/deck friction. See General Maintenance. If cleaning doesn't prevent this from reoccurring, check the amp draw of the motor. If this is high and there are signs of significant wear of the deck, it may need to be flipped if it is on its original side
Computer shuts off when console is touched (on a cold day) while walking/running	Treadmill may not be grounded. Static electricity is "crashing" the computer. Refer to Grounding Instructions.
Circuit breaker trips, but not the treadmill circuit breaker	Check that the treadmill is the only appliance in the circuit. See "Important Electrical Information" in the front of this manual for more details.

Treadmill Warranty - Effective March 16, 2021

Spirit Fitness, Inc. (Spirit Fitness) warrants all its treadmill parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components:

Warranty	Frame	Motor	Deck	Parts	Console Parts	Labor
Residential	Lifetime	Lifetime	Lifetime	10 Years	2 Years	1 Year

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household, and the consumer/facility is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the manufacturer's limited warranty.
2. Proper use of the treadmill in accordance with the instructions provided in this manual
3. Proper installation in accordance with instructions provided with the treadmill and with all local electric codes.
4. Expenses for making the treadmill accessible for servicing, including any item that was not part of the treadmill at the time it was shipped from the factory.
5. Damages to the treadmill finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for treadmill not requiring component replacement, or treadmill not in ordinary household or light commercial use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.

6. Products that do not have a warranty registration card on file at Spirit Fitness. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting or non-dues paying facility with 5 hours use or less per day.
9. Warranties outside of the United States may vary. Please contact your local dealer for details.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges. For in-home service, the customer will be responsible for a trip charge. There will be an additional trip charge if the customer is located over 100 miles from the nearest service center.
5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Fitness, Inc.
P.O. Box 2037
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

SPIRIT_美國(SPIRIT XT485 ENT)



XT485ENT Parts List		
1	Main Frame	1
2	Frame Base	1
3	Incline Bracket	1
4	Right Upright	1
5	Left Upright	1
6	Console Support	1
8	Inner Slide	1
9	Outer Slide	1
10	Link	1
11	Link Shaft	1
12	Shaft Bushing	2
13	Fastening Bracket	2
14	Clevis Pin	1
15	Fastening Bushing	1
16	Dual Torsion-Spring	1
17	Release Lever	1
18	ChenChin Torsion-Spring	1
19	Cylinder	1
20	Drive Belt	1
21	Front Roller W/Pulley	1
21~3	Magnet	2
22	Rear Roller	1
23	Running Deck	1
24	Running Belt	1
25	PVC Handgrip	2
26	Deck Cross Brace	1
27	Steel Cable Tension Spring	1
28	Wire Clamp	1
29	Wire Tie Mount	8
30	Lubricant	1

31	Steel Cable	1
32	Top Frame Cover	1
33	Bottom Frame Cover	1
34	Drive Motor	1
35	Incline Motor	1
36	Motor Controller	1
37	800m/m_Speed Cable (Upper)	1
38	800m/m_Incline Cable (Upper)	1
39~1	Handpulse Plate	4
39~2	1100m/m_Handpulse Wire(White)	1
39~3	1100m/m_Handpulse Wire(Red)	1
39~4	Handpulse Top Cover	2
39~5	Handpulse Bottom Cover	2
41	Breaker	1
42	Power Socket	1
43	On/Off Switch	1
44	Power Cord	1
45	100m/m_Connecting Wire (Black)	1
46	100m/m_Connecting Wire (White)	1
47	100m/m_Connecting Wire (Black)	1
48	800m/m_Computer Cable (Upper)	1
49	1200m/m_Computer Cable(Lower)	1
50	1250m/m_Computer Cable(Middle)	1
51	1000m/m_Ground Wire	1
52	Console Assembly	1
52~1	Console Top Cover	1
52~2	Console Bottom Cover	1
52~3	Drink Bottle Holder (L)	1
52~4	Drink Bottle Holder (R)	1
52~5	LOGO Chain Cover	1
52~7	Wind Duct	1

52~8	Book Rack	1
52~10	Deflector Fan Grill	1
52~11	Square Magnet Stop Plate	2
52~12	Console Display Board	1
52~13	Key Board	1
52~16	Fixing block	2
52~18	400m/m_Safety Switch Module W/ Cable	1
52~19	Fan Assembly	1
52~21	Fan Grill Anchor	2
52~22	500m/m_Speaker W/Cable	1
52~23	250m/m_Speaker W/Cable	2
52~24	400m/m_Sound Board(Red)	1
52~25	W/Receiver, HR	1
52~26	USB Audio module	1
52~27	Console Ground Wire	1
52~31	3.5 × 40m/m_Sheet Metal Screw	8
52~32	Speaker Grill Anchor	6
52~33	2.3 × 6m/m_Sheet Metal Screw	21
52~34	3.5 × 12m/m_Sheet Metal Screw	16
52~35	3 × 8m/m_Sheet Metal Screw	2
53	Motor Top Cover	1
54	300m/m_Speed Adjustment Switch W/Cable	1
55	300m/m_Incline Adjustment Switch W/Cable	1
56	Cushion	6
57	Transportation Wheel(A)	2
58	Transportation Wheel(B)	2
59	Foot Rail Cap (L)	1
60	Foot Rail Cap (R)	1
61	Frame Base Cover (L)	1
62	Frame Base Cover (R)	1
63	Handpulse End Cap Top Cover	2

64	Handpulse End Cap Bottom Cover	2
66	Upright Cover(L)	1
67	Upright Cover(R)	1
68	Rear Adjustment Base (L)	1
69	Rear Adjustment Base (R)	1
70	Motor Cover Anchor(D)	2
71	Ø25 × Ø10 × 3T_Nylon Washer (A)	2
72	Ø50 × Ø13 × 3T_Nylon Washer (B)	4
73	Adjustment Foot Pad	2
75	Quadrate Safety Key	1
77	Wheel Sleeve	2
79	Aluminum Foot Rail	2
80	1/2" × 1-1/4" _Carriage Bolt	2
81	1/2" × 1" _Hex Head Bolt	2
82	3/8" × 4-1/2" _Socket Head Cap Bolt	1
83	3/8" × 3-3/4" _Button Head Socket Bolt	1
84	3/8" × UNC16 × 1-1/2" _Hex Head Bolt	1
85	3/8" × 1-1/4" _Hex Head Bolt	4
86	3/8" × 2" _Flat Head Socket Bolt	2
87	5/16" × 1" _Button Head Socket Bolt	2
88	5/16" × 2-3/4" _Button Head Socket Bolt	2
89	M8 × 60m/m _Hex Head Bolt	1
90	M8 × 80m/m _Socket Head Cap Bolt	2
92	M8 × 35m/m _Flat Head Countersink Bolt	6
93	M3 × 10m/m _Phillips Head Screw	1
94	M5 × 20m/m _Phillips Head Screw	1
95	M8 × 55m/m _Flat Head Countersink Bolt	2
96	5/16" × 42m/m _Button Head Socket Bolt	1
97	M5 × 5T_Nyloc Nut	1
98	1/2" × UNC12 × 8T_Nyloc Nut	4
99	3/8" × 7T_Nyloc Nut	4

100	5/16" × 6T_Nyloc Nut	3
101	M8 × 7T_Nyloc Nut	1
102	3/8" × 7T_Luck Nut	3
103	M3 × 2.5T_Luck Nut	1
104	Ø5/16" × Ø35 × 1.5T_Flat Washer	2
105	Ø3/8" × Ø25 × 2.0T_Flat Washer	4
106	Ø3/8" × Ø19 × 1.5T_Flat Washer	4
107	Ø5 × Ø10 × 1.0T_Flat Washer	2
108	Ø5/16" × Ø18 × 1.5T_Flat Washer	1
109	Ø5 × Ø12 × 1.0T_Flat Washer	1
110	Ø6.5 × Ø16 × 1.0T_Flat Washer	4
111	Ø6 × Ø23 × Ø13 × 5.5T × 3T_Nylon Dished Washer	4
112	Ø5.5 × 27 × 60 × 1.5T × 3.5H_Concave Washer	4
113	Ø10 × 2.0T_Spring Washer	8
114	M3_Spring Washer	1
115	M5_Star Washer	8
117	Ø5 × 16L_Tapping Screw	55
118	5 × 32m/m_Tapping Screw	2
119	Handrail Support	1
120	5 × 16m/m_Tapping Screw	15
121	Beverage Holder	1
122	3.5 × 12m/m_Sheet Metal Screw	20
124	3 × 10m/m_Tapping Screw	6
125	4 × 50/mm_Sheet Metal Screw	2
126	3.5 × 16m/m_Tapping Screw	8
127	3 × 10m/m_Sheet Metal Screw	2
128	M5_Speed Nut Clip	6
130	5/16" × UNC18 × 15L_Button Head Socket Bolt	8
131	M5_Combination M5 Allen Wrench & Phillips Head Screw Driver	1
132	L Allen Wrench	1

133	3/8" × 1-1/2"_Button Head Socket Bolt	4
134	M5 × 10m/m_Phillips Head Screw	4
135	3 × 8m/m_Sheet Metal Screw	19
136	Controller Back Plate	1
138	Chest Strap	1
139	Front Motor Cover	1
140	Handgrip End Cap	2
141	Ø5 × 1.5T_Spring Washer	4
142	3.5 × 16m/m_Sheet Metal Screw	8
145	400m/m_Audio Cable	1
148	Phillips Head Screw Driver	1
150	5/16" × 3/4"_Button Head Socket Bolt	4
151	Filter	1
152	200m/m_Connecting Wire (White)	1
153	200m/m_Connecting Wire (Black)	1
168	Ø8.5 × Ø16 × 1.5T_Flat Washer	2
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USER NOTES:



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SPIRIT

XT485ENT Owners Manual
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